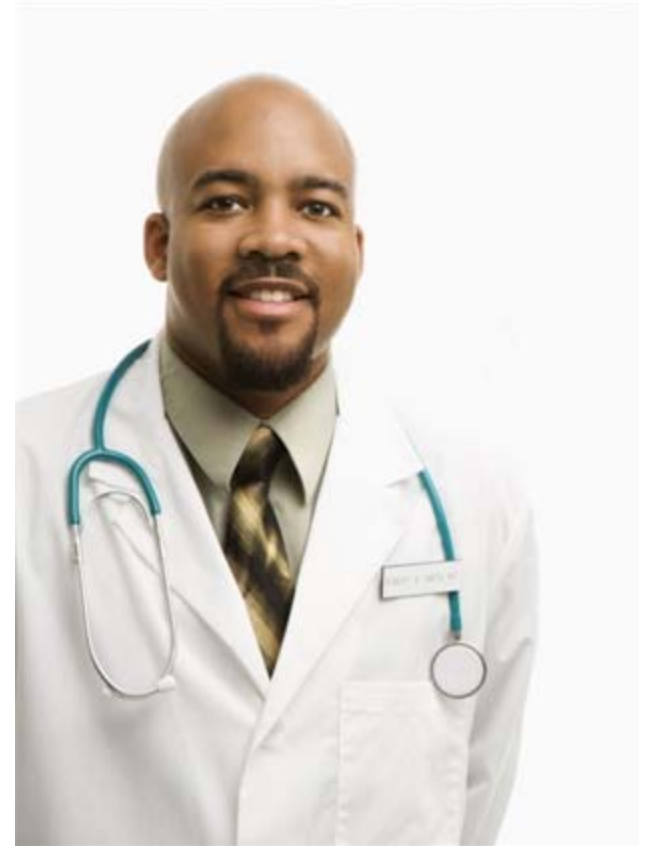


# Steps to Care for Someone with New Flu A H1N1 (Previously Called Swine Flu) at Home



# Introduction

- Use these tips to care for someone that has any type of flu, including new flu A H1N1, in your home.
- Advice may change as new information becomes available.



# You and Your Family Should...

- **Stay home** and rest if you have flu-like symptoms:
  - Fatigue
  - Fever
  - Coughing
  - Sore throat
- By staying home, you...
  - Avoid getting others sick
  - Avoid overcrowding emergency rooms



# You and Your Family Should...

- Wash your hands **often** using soap and warm water for 20 seconds each time
- Cover coughs and sneezes with a tissue or your sleeve
- Avoid touching your eyes, nose, and mouth



# You and Your Family Should...

- Get emergency medical care **ONLY** if you have any of these symptoms:

## *In Children*

- Fast or difficulty breathing
- Purple or bluish skin
- Unable to drink enough liquids
- Unable to wake up or respond
- Irritability
- Fever and skin rash

## *In Adults*

- Difficulty breathing
- Pain or pressure in the chest or stomach
- Sudden dizziness
- Confusion
- Vomiting that is severe or ongoing



# You and Your Family Should...

- Know that antiviral medicines:
  - Aren't always necessary
  - Don't cure any flu
  - Require a prescription
- Never share prescribed medication
- Know that antibiotics will not work:
  - Can't kill a flu *virus* because it's not a bacteria
  - Can make bacteria resistant to medication if taken incorrectly
- Tell your healthcare provider if you're taking other medicine
  - Over-the-counter medicine
  - Prescription medicine
- Do not take supplements like diet pills, vitamins, home remedies, or herbal mixtures



# Managing Symptoms: *Fever*

<b>98.6°F to 99.6°F</b>	<b>37.0°C to 37.5°C</b>	<b>Normal range</b>
<b>99.6°F to 102°F</b>	<b>37.5°C to 38.8°C</b>	<b>Self care:</b> Avoid giving fever-reducing medicine, unless having aches and pains. Monitor carefully for changes or new symptoms. Drink extra fluids.
<b>102°F to 104°F</b>	<b>38.8°C to 40.0°C</b>	<b>Caution:</b> Follow label instructions and give fever-reducing medicine. Monitor carefully for changes or new symptoms. Do <b><u>not</u></b> take aspirin or any medicine with aspirin. Drink extra fluids.
<b>104°F and over</b>	<b>40°C and over</b>	<b>Seek medical help:</b> Give fever-reducing medicine until help is received. Try giving the person a <u>lukewarm</u> sponge bath. Use cool compresses. Monitor the person carefully. Do <b><u>not</u></b> use cold water or alcohol to give a bath. Drink extra fluids.

\* temperature taken orally





# Managing Symptoms: *Sore Throat*

- Use throat lozenges or hard candy
  - Halls®, Vicks®, Sucrets®
- Drink plenty of fluids
  - Water, hot tea, juice
- Use an anesthetic throat spray
  - Chloraseptic®, Cepacol®
- Take a non-prescription, non-aspirin pain reliever
  - Advil®, Tylenol®, Aleve®
- Use a humidifier
- Do **not** smoke or use tobacco products
- Gargle with warm salt water





# Managing Symptoms: *Cough*

- Drink plenty of fluids
  - Water, hot tea, juice
- Suck on lozenge or hard candy
  - Halls<sup>®</sup>, Vicks<sup>®</sup>, Sucrets<sup>®</sup>
- Use a humidifier
- Sleep with your head elevated
- Use a non-prescription expectorant or cough suppressant medicines
  - Mucinex<sup>®</sup>
- Do **not** smoke or use tobacco products



# Managing Symptoms:

## *Dehydration in Babies & Children*

- Drink fluids often and in small amounts
  - Fluids should contain some sugars and some salts
  - Use electrolyte drinks (Pedialyte®)
  - Avoid caffeine and soda
- Contact your healthcare provider if your baby/child has any of these symptoms:
  - Lack of energy, weakness, irritability
  - Decreased urination or strong odor
  - Sunken eyes, skin does not snap back
  - Soft spot on baby's head
  - Tearless crying



# Managing Symptoms: *Dehydration in Adults*

- Drink fluids often and in small amounts
  - Fluids should contain some sugars and some salts
  - Avoid alcohol, caffeine, and soda
- Use electrolyte drinks (Gatorade®)
- Contact your healthcare provider if you have any of these symptoms:
  - Dry mouth or eyes
  - Lack of energy, weakness, irritability
  - Headache or muscle cramping
  - Decreased urine output or strong odor
  - Dizziness, lightheadedness, rapid heart beat
  - Sunken eyes, skin does not snap back
  - Confusion



# Managing Symptoms:

## *Nausea/Vomiting*

- Avoid dehydration
- Sip clear fluids
  - Chicken broth, hot tea, etc.
- Avoid:
  - Solid foods
  - Dairy products
  - Alcohol
  - Caffeine
  - Tobacco products
- Return to normal diet slowly



# Managing Symptoms: *Diarrhea*

- Drink water and other clear fluids
  - Chicken broth, hot tea, etc.
- Use electrolyte drinks
  - Gatorade®, Pedialyte®
- Add solid foods slowly
  - BRAT Diet: Bananas, Rice, Applesauce, Toast
- Avoid:
  - Caffeine
  - Dairy
  - Fatty, spicy foods
  - Tobacco products
- Practice good hygiene
  - Wash hands often, do **not** touch eyes, nose or mouth



# Medicines To Help Lessen Flu Symptoms

- Antiviral medications can be prescribed to treat flu symptoms
  - Prescription is required
  - Check with your healthcare provider or pharmacist for safe and correct use
  - Most people do **not** need antiviral drugs to fully recover
- Over-the-counter cold and flu medications
  - **Be sure to read the instructions**





# Medicines To Help Lessen Flu Symptoms in Adults

- Do **not** use medications that contain aspirin (*acetylsalicylic acid*) to treat flu symptoms
  - Avoid Excedrin®, Pamprin®, Alka-Seltzer®, Pepto-Bismol®,
  - Aspirin can cause a rare but serious illness called Reye's Syndrome
  - **Read the labels**
- Fevers and aches can be treated with aspirin-free pain relievers, such as:
  - Acetaminophen (Tylenol®)
  - Ibuprofen (Advil®, Motrin®, Nuprin®)
  - Naproxen (Aleve®)





# Medicines To Help Lessen Flu Symptoms in Teens

Teenagers with the flu:

- Only take medicine *without* aspirin:
  - Acetaminophen (Tylenol®)
  - Ibuprofen (Advil®, Motrin®, or Nuprin®)

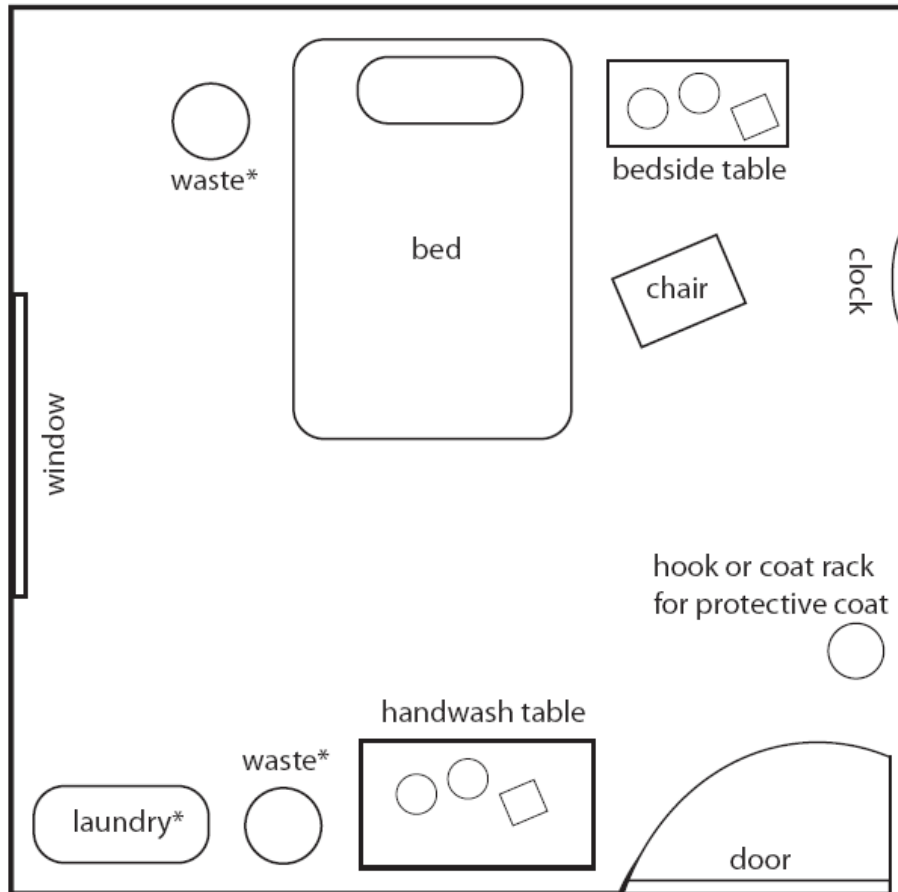


# Medicines To Help Lessen Flu Symptoms in Children

- Children younger than 2 years of age:
  - It is safest to use a cool-mist humidifier and a suction bulb to help clear away mucus
  - Do **not** give over-the-counter cold medications without first speaking with a healthcare provider



# Comfort and Care at Home



Source: Pat Jackson-Allen, Yale School of Nursing

\*This is an example of a comfortable room set up for someone with the flu.

- Most people with the flu can be cared for at home
- Care should focus on:
  - Helping sick person feel comfortable
  - Controlling fever
  - Preventing dehydration
  - Preventing spread of infections to others
- Try to have a separate quiet room with at clean bed



# Sleeping Arrangements for Bedrooms

- To avoid sick person sleeping head-to-head with any other beds in the room:
  - Rearrange beds
  - Adjust sleeping positions (have someone sleeping with their head at the foot of the bed)
- In larger rooms, create temporary physical barriers between the beds using sheets or curtains



# Protect Yourself and Others Who are Not Sick

- Keep the sick person away from others
  - Separate individuals by 3-6 feet when possible
  - Let them use a separate room and bathroom if possible
  - Have them avoid common living areas
  - Have one person be the caregiver
    - Make sure the caregiver is not a pregnant woman
  - Avoid having visitors
  - Separate personal hygiene items



# Protect Yourself and Others

## Who are Not Sick

- Persons with the flu shouldn't leave the home:
  - If they have a fever
  - When they are most likely to spread their infection to others:
    - 7 days after symptoms appear in adults
    - 10 days after symptoms appear in children
  - Unless necessary for medical care
- If the person who is sick needs to go out, have them wear a surgical mask
- Open windows in shared areas to keep good air flow/circulation
- Watch yourself and other household members for flu symptoms
- Contact a healthcare provider if you have severe symptoms





# If People in Your Home Are Sick, They Should:

- Check with their healthcare provider
  - Ask if they should take antiviral medications
  - Mention if they have special medical needs or other medical conditions (e.g. pregnancy, HIV/AIDS, diabetes)
- Stay in bed for seven days after the first day of fever
- Drink clear fluids to keep from being dehydrated
- Cover coughs and sneezes with a tissue or sleeve
- Wash hands with soap and warm water or use an alcohol-based hand rub
- Avoid close contact with others, which includes staying home from work or school





# When to Seek Emergency Medical Care

- Get emergency medical care right away if the person has any of these symptoms:
  - Difficulty breathing or chest pains
  - Purple or blue discoloration of the lips
  - Vomiting and unable to keep liquids down
  - Signs of dehydration such as dizziness when standing, absence of urination, or in infants, a lack of tears when they cry
  - Seizures (for example, uncontrolled convulsions)
  - Less responsive than normal or becomes confused



# General Housekeeping

- Good housekeeping habits help protect yourself and others
  - Soaps, detergents, and household disinfectants work well to kill flu germs



**WASH YOUR HANDS**



# Laundry Tips



- For linens, use laundry soap and tumble dry on a hot setting
- Avoid “hugging” dirty laundry when handling it to prevent contaminating yourself
- Wash laundry soiled with vomit, feces separately
- Clean your hands with soap and warm water or alcohol-based hand rub right after handling dirty laundry



# Cleaning Tips

- Keep surfaces and objects clean by wiping them down with a household disinfectant
  - Read the directions on the product label
- Eating utensils:
  - Use a dishwasher or wash by hand with hot water and soap
- Trash disposal:
  - Throw away tissues and other disposable items used by the sick person in the trash
  - Use disposable plastic bags to line waste baskets



# Key Points

- The best way to avoid getting the flu does **not** include wearing a mask
- Instead, you should:
  - Wash your hands often with soap and warm water
  - Avoid touching your eyes, nose or mouth
  - Cover your cough and sneeze with a tissue or your sleeve
  - Stay home if you're sick



# For More Information

- United States:
  - Centers for Disease Control and Prevention
    - 1-800-CDC-INFO (1-800-232-4636)
    - [www.cdc.gov/swineflu](http://www.cdc.gov/swineflu)
- California:
  - California Department of Public Health
    - 1-888-865-0564
    - [www.cdph.ca.gov](http://www.cdph.ca.gov)
- Los Angeles County:
  - County of Los Angeles Department of Public Health
    - Call **2-1-1** from any phone
    - [www.publichealth.lacounty.gov](http://www.publichealth.lacounty.gov)

